



GROUP CLASSES

MON	11:30 a.m. – 12:30 p.m.	Mat + Reformer Fusion (Starting from October 9, 2023)	Alvan
TUES	11:00 a.m. – 12:00 p.m.	Reformer Sculpt & Strength	Annie
WED	12:30 p.m. – 1:30 p.m.	Reformer Sculpt & Strength	Annie
WED	5:30 p.m. – 6:30 p.m.	Reformer Strength	Clarissa
THURS	10:00 a.m. – 11:00 a.m.	Mat + Reformer Fusion (Foundation)	Anthea
FRI	9:30 a.m. – 10:30 a.m.	Reformer Strength	Clarissa

Book your classes on the TAC Book app.

Terms & Conditions:

- Class bookings will open 7 days in advance at 10:00 a.m.
- Bookings are on a first-come, first-serve basis
- Only fully vaccinated Members are allowed to attend the class
- Minimum 3 sign-ups for class to commence
- Classes with less than 3 sign-ups 1 day prior to the scheduled class will be cancelled
- A 24-hour cancellation policy and no-show fee applies
- New attendees will need to be assessed by the Pilates instructor before joining any class.